



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 5th

Unit Label Reading

SOLs:

- Evaluate components of **food labels** for a variety of foods, to include **macronutrients**, **RDA**, and **portion size**.

Title: Uh Oh Tag: Artificial Ingredients

Objectives/ Goals:

[Students are learning how to analyze food labels]

- Students will know that most artificial ingredients are unhealthy.
- Artificial ingredients are used to make foods last longer, taste better or look more attractive. Aside from health risks, presence of artificial ingredients is often an indicator of a low quality food product.
- Students will learn to scan the ingredient list looking for the presence of artificial ingredients when analyzing food labels.

Materials:

[Equipment and Set Up]

- 1 Gator ball for every 2 students

Procedure:

Intro- Discussion should cover:

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- Artificial ingredients are used to make foods last longer, taste better or look more attractive. They are unhealthy. Aside from health risks, presence of artificial ingredients is often an indicator of a low quality food product.
- Show students where the ingredient list is found on the food label
- Provide examples of artificial ingredients to look for (see link for 50 jawdroppingly toxic food additives). Highlight the following: high fructose corn syrup, aspartame, sucralose, MSG, BHT, dyes (usually a color followed by a number)
- Artificial additives often sound like they are produced in a laboratory. Ex.: sodium benzoate, magnesium sulphate. If you encounter a suspicious ingredient like this, google it to see whether it is artificial.

Description-

-Students find partners. Each group needs 1 gator ball, representing an artificial ingredient. Students must choose a specific artificial ingredient that their ball represents to better connect to the content. While the music is playing, students play catch with the ball. As soon as the music stops, the student holding the ball becomes the tagger. The tagger may only get his/her partner. Once the tag is made, the tagger drops the ball and the students switch roles. When the music comes back on, students resume playing catch. The goal of the activity is for students to get rid of their artificial ingredient as quickly as possible. Nobody wants to get stuck holding the artificial ingredient.

Closure-

- Review examples of artificial ingredients
- Review where to find the ingredient list on a food label

Assessments, References & Sources:

Resources:

- <https://mphprogramslist.com/50-jawdroppingly-toxic-food-additives-to-avoid/>
- <https://www.drweil.com/diet-nutrition/food-safety/avoid-artificial-flavors/>
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Assessments:

Use the Label reading Assessment